THE

WATER-CURE JOURNAL

AND

HERALD OF REFORMS;

DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

OUR OBJECT

TO PROMULGATE THE PHILOSOPHY AND PRACTICE OF HYDROPATHY—EMBRACING THE TRUE PRINCIPLES OF HEALTH AND LONGEVITY, TOGETHER WITH DIRECTIONS FOR THE APPLICATION OF WATER, AIR, EXERCISE AND DIET, TO ALL THE VARIOUS DISEASES WITH WHICH MANKIND ARE AFFLICTED.

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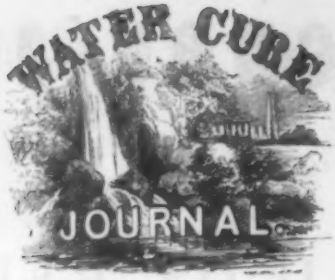

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